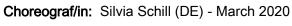
Insomnia

Count: 32

Ebene: Improver



Musik: Insomnia - Daya

The dance begins on vocals	
Shuffle Back Turning ½ R, Shuffle Forward Turning ½ R, Rock Back, ½ Turn L, ¼ Turn L	
1&2	¹ ⁄ ₄ Turn right around and step with RF to right side - LF beside RF, ¹ ⁄ ₄ turn right around and step forward with RF (stretch arms to the side and circle in opposite direction) (6 o'clock)
3&4	1⁄4 Turn right around and step with LF to left side - RF beside LF, 1⁄4 Turn right around and step back with LF (arms as in '1&2') (12 o'clock)
5-6	Step back with RF - weight back on the LF
7-8	1/2 Turn left and step back with RF - 1/4 Turn left around and step with LF to left side (3 o'clock)
Shuffle Across, Rock Side, Behind, Hold-Side-Shuffle Across	
1&2	Cross RF far over LF - small step with LF to left side and cross RF far over LF
3-4	Step with LF to left side - weight back on RF
5-6	Cross LF behind RF - hold
&	small step with RF to right side
7&8	Cross LF far over RF - small step with RF to right side and cross LF far over RF
1/a Turn R/Heel-Ball-Change 2x, Rock Forward & Touch, Flick	
1&2	¼ turn right around and tap right heel in front - RF beside LF and step on the spot with LF (4:30)
3&4	Same as 1&2 (6 o'clock)
5-6	Step forward with RF - weight back on LF
&7-8	Pull/set RF to the LF and touch LF next to RF - LF bounce backwards (make a little jump)
Shuffle Forward, Step, Pivot ½ L, Step, Pivot ¼ L, Rock Forward	
1&2	Step forward with LF - RF beside LF and step forward with LF
3-4	Step forward with RF - $\frac{1}{2}$ turn left around on both balls, weight at end on LF (12 o'clock)
5-6	Step forward with RF - ¼ turn left around on both balls, weight at end LF (9 o'clock)
7-8	Step forward with RF - weight back on LF
And don't forget to smile, because dancing is fun!	

Α There is no guarantee for errors in the translation, content, spelling, etc.! Contact: birgit.golejewski@gmail.com www.country-linedancer.de





Wand: 4